Mushroom Chicken Breasts and Vegetables

Mushrooms add a delightful texture and taste to chicken. Mushroom soup and sliced mushrooms add moisture to otherwise dry breast meat. This can be a buried treasure meal. If the chicken is well covered, it might be easier to slice across the pan, and remember to dish out plenty of soupy sauce to cover the chicken on the plate, or in a bowl. In allergy households, the chicken can be baked in plenty of water. For those who can have them, mushrooms and soup can be cooked separately and added on the plate, or in a bowl, after being cooked.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- **Cut meat into bite sized pieces before sitting down**
- **Frozen or canned vegetables can be used**
- **Long oven mitts and oven rack puller**
- **Sit on a stool while stirring**

Visual Accommodations:

- **Colored chopping boards**

Potential Food Allergy or Intolerance:

- **Chicken**
- **Mushrooms**
- **Mushroom Soup (gluten)**
- **Onions**
- **Pepper**
- **Potatoes**
- **Spices**

Meatless Preparation Avoid:

- **Chicken**
- **Substitute with: _____**

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken breasts

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 4 ounces of mushrooms
- 15 ounces of peas

Other ingredients:

- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken breasts in 1.5 quart oven safe pan.
2. Cover chicken breasts with sliced mushrooms.
3. Pour a can of mushroom soup across the top.
4. Add a dash of salt across the pan.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken breast per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.